**LESSON #7**

Class: Biology

Unit: The Cell

Topic: “I NEED ENERGY!!!!”

**Instructional Objectives: Students will be able to…**

1.) Explain the role of the Mitochondria in energy production.

2.) Define Metabolism and its role in the cell.

3.) Define the categories of metabolism, (catabolism and anabolism).

**Time Activities**

9:00 – 9:05 I will have my students perform a variety of activities, (jumping, running in place, jumping jacks, etc).

9:05 – 9:20 I will then begin a discussion relating what we just did to energy, and metabolism. I will ask for examples of things that require energy and list these on the board. We will discuss which activities might require more energy and also which if any of the activities listed can be related to a cells activity. Also if different activities require different amounts of energy would different types of cells also require different amounts of energy?

9:20 – 9:30 Power point on metabolism

9:30 – 9:35 Video clip on metabolism (<http://www.youtube.com/watch?v=51w7aU3YfJ8&NR=1> ).

9:35 – 9:45 Discussion of power point and video in order to address any questions or concerns. Hand out worksheet for homework.

**Assignments:**

* Metabolism worksheet
* Textbook pages 131-132

**Materials:**

* Lap top
* Metabolism power point
* Metabolism worksheet
* Projector
* Video clip on metabolism

**Resources for lesson:**

* Textbook
* Metabolism power point
* Metabolism video clip